



## 2023 Swimming Gold Coast Championships

You are cordially invited to attend the 2023 Swimming Gold Coast Championships to be conducted at the Gold Coast Aquatic Centre on Friday 10<sup>th</sup>, Saturday 11<sup>th</sup> and Sunday 12<sup>th</sup> March 2023.

<b>Date</b>	Friday 10 <sup>th</sup> March 2023 Saturday 11 <sup>th</sup> March 2023 Sunday 12 <sup>th</sup> March 2023
<b>Time</b>	Warmup will commence as follows:  Friday – 4.30pm warm-up for 5.30pm start Saturday - 2.00pm warm-up for 3.00pm start Sunday – 7.30am warm-up for 8.30am start  Lanes will be available in the training for additional warmup facilities. Dive starts and pacework will be allocated for Lanes 0 and 9.
<b>Venue &amp; Gate entry</b>	<b>Gold Coast Aquatic Centre</b> <b>Marine Parade</b> <b>Southport</b>  Spectators will be permitted access to the venue during the duration of the meet. Gate entry opens at 30min prior to warm-up for spectators at a cost of \$3.10 per person (current at the time of writing).  All swimmers, coaches, technical officials, and volunteers will have their entry subsidised by Swimming Gold Coast.
<b>Spectator Attendance</b>	Spectators are allowed in attendance; however, they will be placed on the top deck viewing area, whilst swimmers, coaches, technical officials, and team managers will be on the pool deck.  We are aiming to encourage club pride, team spirit and enhance the atmosphere of the Championships by placing swimmers together with their clubmates and friends on the day, whilst parents and spectators can cheer on from a better vantage point.
<b>Nomination fee</b>	<b>\$10.50</b> per event individual event (incl. GST) + associated Swim Central fees. <b>\$2.00</b> swimmer surcharge to cover the cost of officials. Includes digital program.
<b>Nominations close</b>	<b>Saturday 4<sup>th</sup> March 2023 @ 11.59pm.</b> All entries <b>must be submitted through <a href="#">swim central</a></b> <b>#No Manual entries will be accepted#</b>
<b>Late entries</b>	<b>LATE ENTRIES WILL NOT BE ACCEPTED UNDER ANY CIRCUMSTANCES</b>
<b>Age Requirements</b>	Age as at 10 <sup>th</sup> March 2023. <b>8yrs</b> is the minimum age for these championships.
<b>Status</b>	This is a Swimming Queensland sanctioned Qualifying Meet.
<b>Marshalling</b>	All swim meets in the Gold Coast Region are self-marshalling.



<p><b>Entry Eligibility</b></p>	<p><b>All Swimmers must be fully registered as a Competitive Swimmer (on Swim Central) in order to nominate for these Championships.</b> ‘Recreational’ swimmers are ineligible to enter.</p> <p>Qualifying times must have been achieved after January 1<sup>st</sup> 2022 at an approved qualifying meet. Club night, club championships, no times (NT) are <b>NOT ACCEPTABLE.</b></p> <p>Entries will not be accepted unless the qualifying times have been swum at a sanctioned Short Course or Long Course Qualifying Meet prior to this Championships’ closing date. Short Course converted times can be used, however, converted short course qualifying times will only be used where an existing long course qualifying time has not been achieved.</p>
<p><b>Multi – class events</b></p>	<p>Multi-Class Swimmers must be registered as ‘competitive’ swimmers with a Gold Coast club. Your classification number/s must be registered against your swimmers record in Swim Central.</p> <p>All events are for 10 years &amp; over and run as Open events. <u>There are no qualifying times for any MC specific events.</u></p> <p><b># Please note</b> – Multi-class swimmers without a registered classification will be allowed to swim as an Exhibition swimmer only.</p>
<p><b>Visiting swimmers</b></p>	<p>This Meet is a closed Meet for members that are registered with Gold Coast Swimming Clubs ONLY.</p> <p>International Swimmers that are training at Gold Coast Pools will be provided with exemption to swim at this event. All swimming members of another federation must enter manually through the SGC Race Secretary. Training confirmation must be provided by the coach.</p>
<p><b>Swimming Gold Coast Annual Awards</b></p>	<p>Swimmers registered with Swimming Gold Coast should compete at these Championships to be eligible to gain points for our Annual Awards including Rising Star, Presidents Award, Age Group Awards, Swimmer of Stroke &amp; Coach’s Award. More information about these awards is available on our website.  <a href="https://www.swimminggoldcoast.org.au/">https://www.swimminggoldcoast.org.au/</a></p> <p><b>Swimmers with Swimming Qld or Swimming Australia commitments will be given special exemption if unable to attend.</b></p> <p>Points will be allocated in accordance with the Swimming Gold Coast Awards Criteria.</p>
<p><b>Events</b></p>	<p>As per attached Program of Events.</p> <p>These Championships are to be conducted as timed finals. If less than 3 nominations are received for an event, Swimming Gold Coast reserves the right to cancel the event and refund nominations. Swimming Gold Coast also reserves the right, on the day, to combine heats and / or events. Qualifying times for all events will be enforced.</p>

<p><b>Rules</b></p>	<p>These championships will be conducted under the rules as documented within: "Swimming Queensland General Rules", "Swimming Queensland Championship By-Laws", "World Aquatics" and "Swimming Australia Limited" rules.</p> <p>Competitors in the first two events should be behind the blocks in the self-marshalling zone (holding area) prior to the scheduled starting time of the session. In addition, all competitors should be in the self-marshalling zone (holding area) 4 heats prior to their own heat for events up to 200m and 2 heats for 400m and over events.</p> <p>All events of 400m and over (400m IM, 400m Free, 800m Free and 1500m Free) require swimmers (or their Coach / Team Manager) to confirm their intention to swim at the Help Desk a minimum of one hour prior to the published start time of the relevant event. Failure to confirm their intention to swim may be taken as a withdrawal. Confirmed swimmers should then follow the self-marshalling procedures.</p> <p><b>Swimmers competing in the 800m and 1500m Freestyle events MUST provide details of their lap counter &amp; timekeeper whilst checking in at the help desk. Swimmers will not be able to check-in without confirmation of an organised lap counter &amp; timekeeper.</b></p> <p>Queries regarding any disqualification <b>MUST</b> be made by a club coach or club official only. Technical officials will not be made available to any parents / spectators regarding swimmer disqualification.</p>
<p><b>Backstroke Ledges</b></p>	<p>Backstroke ledges will be available for swimmers aged 12yrs and over to utilise in all backstroke events. Ledges will also be available for MC swimmers.</p>
<p><b>Results</b></p>	<p>Swimming Gold Coast Club point score will be in place.</p> <p>Age Champions will be recognised and awarded to each age group from 8yrs to 17yrs &amp; Over, from all events in each age group and will be presented on the Sunday 12<sup>th</sup> March at the conclusion of the meet. A minimum of 3 events in their age group must be swum to be eligible. An individual point score for all placings will be used for these championships. All individual swimmers, who swim in an event, will accrue a minimum of 1 point for their club.</p> <p>1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placings will be determined from the OFFICIAL TIMES swam in all Timed Finals. Medals will only be awarded to placegetters within the qualifying time.</p> <p>Medals will be awarded to ages 8, 9, 10, 11, 12, 13, 14, 15, 16 and 17 &amp; Over in all 50m events.</p> <p>Medals will be awarded to ages 10, 11, 12, 13, 14, 15, 16 and 17 &amp; Over in all 100m events, 200m Freestyle and 200m IM.</p> <p>Medals will be awarded to ages 11, 12, 13, 14, 15, 16 and 17 &amp; Over in all 200m form stroke, 400m Freestyle and IM Freestyle events.</p> <p>Medals will be awarded to ages 12, 13, 14, 15, 16 and 17 &amp; Over in the 800m Freestyle.</p> <p>Medals will be awarded to ages 13, 14, 15, 16 and 17 &amp; Over in all 1500m Freestyle. Medals will only be awarded to placegetters within the qualifying time from the timed finals.</p> <p>For Multi-Class swimmers, medals/points will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> place using the Swimming Australia Multi-Class Points System.</p>
<p><b>Collection of medals</b></p>	<p>Collection of medals is the responsibility of each swimmer. Medals not collected by the end of the meet will not be redeemed.</p>

<p><b>Meet Mobile</b></p>	<p>Results may be published in near real time during this meet via the Meet Mobile application.</p> <p>Please note:</p> <ul style="list-style-type: none"> <li>• Results published via Meet Mobile <b>ARE NOT OFFICIAL</b> and should be used as a guide only.</li> <li>• Official meet results are printed by officials during all meets and posted in a prominent position.</li> </ul> <p>Official results are also published within 48hrs of the completion of a meet upon the Swimming Gold Coast website event pages and Swim Central</p>
<p><b>VOLUNTEERS</b></p>	<p>The following volunteer roles will be allocated to clubs on Monday 6<sup>th</sup> March 2023 after the closing of nominations. Please register your interest with your club.</p> <ul style="list-style-type: none"> <li>• Timekeepers (2 per lane per day) – Allocated on a per session basis</li> <li>• Chief Timekeepers (1 per day) – Allocated on a per session basis</li> <li>• Medal Presenters (2 each day) – Allocated on a per session basis</li> <li>• Catering Distributors (2 each day) – Allocated on a per session basis</li> <li>• Results Runners (1 each day) – Allocated on a per session basis</li> <li>• Control Room Assistants (1 each day) – Allocated on a per session basis</li> </ul> <p>Further opportunities for parents to assist at the Championships involve helping their clubs as a team manager. The role of the team manager is:</p> <ul style="list-style-type: none"> <li>• Supervising all swimmers from the club, especially those 17yrs &amp; under.</li> <li>• Monitoring the COVID responsibilities of your club at the meet.</li> <li>• Supporting the coach(es) in matters relating to the swimmers.</li> <li>• Ensuring swimmers know what, when and where for seating, warm-up, self-marshalling, racing and warm-down and being present for these.</li> <li>• Being a point of contact for drop-off of swimmers.</li> <li>• Ensuring <b>ALL</b> swimmers are collected and marked off upon exit from the facility.</li> <li>• Have relevant emergency contact details for each swimmer.</li> <li>• Commit to the time required to fulfil the role</li> </ul> <p>All team managers <b>MUST</b> have a valid working with children blue card.</p>
<p><b>Photography &amp; images</b></p>	<p>In nominating for this Meet, swimmers agree that they may be photographed by Swimming Queensland, Swimming Gold Coast and the Club approved photographers, that the images may be displayed for viewing and purchasing on site during the Meet and on the photographer's secure website after the Meet, and that they may also be used by Swimming Queensland, Swimming Gold Coast and the Club at its discretion.</p>
<p><b>Food</b></p>	<p>Swimming Gold Coast will be hosting a BBQ throughout the day, with the assistance of Southport Olympic Swim Club. A detailed menu will be provided on the last page of the meet program.</p> <p>Also, Café Catalina will be open to swimmers and spectators throughout the day.</p>
<p><b>Copy of results</b></p>	<p>A copy of results will be available on the website <a href="https://www.swimminggoldcoast.org.au/meetresults">https://www.swimminggoldcoast.org.au/meetresults</a> within 48 hours after the completion of the meet.</p>
<p><b>Technical Officials</b></p>	<p>All technical officials will be contacted to register their availability, for any day by Chief Referee, Sharon Wicking.</p> <p>Any persons interested in learning about the possibilities of becoming a Technical Official, please make contact with the Swimming Gold Coast Chief Referee Sharon</p>



	Wicking at: <a href="mailto:chiefreferee@swimminggoldcoast.org.au">chiefreferee@swimminggoldcoast.org.au</a> for communication on the opportunities available and any training requirements.
<b>Pool Compliance</b>	The Gold Coast Aquatic Centre has undertaken compliance testing and met all current competitive pool standards, as set by Swimming Australia. Gold Coast pool certifications can be viewed <a href="#">here</a> .
<b>Competitive Dive Policy</b>	All swimming competitors and/or their parents, accept that, by nominating for this event, that they have read and understand Swimming Australia's "Dive Entry for Competitive Swimming Policy" and the swimmer(s) meet the dive competency levels outlined in that policy.
<b>FURTHER COMMUNICATION</b>	In the week preceding the meet, further relevant information regarding COVID requirements will be provided to all participants and attendees. This will include facility maps, seating requirements and any further information as required
<b>Code of Conduct</b>	By entering this swim meet all swimmers and attendees agree to adhere to the Swimming Gold Coast code of conduct. The code of conduct can be found at the following link. <a href="#">CODE OF CONDUCT LINK</a>
<b>Force Majeure</b>	In the case of force majeure preventing or resulting in the 2021 SGC Relay Championships being cancelled, refund of registration fees will be at the discretion of Swimming Gold Coast.

**For any enquiries, please contact**

- Karen Meyer - email [racesecretary@swimminggoldcoast.org.au](mailto:racesecretary@swimminggoldcoast.org.au)

**No manual TM entry files will be accepted (except International). Visitors will not be eligible for medals, nor SGC Championship records.**

- Payment **MUST BE COMPLETED** during event registration via the swim central online entries process. You will receive a purchase order confirmation from Swim Central as proof of entry.
- There will be NO finals at this Championship event.



## 2023 Swimming Gold Coast Championships

### SESSION ONE

Friday Evening 10<sup>th</sup> March 2023

**Warm up: 4.30pm – Racing Starts: 5.30pm**

Event No. Girls	Event Details	Event No. Boys
1	Open 200m Individual Medley - Multi-Class	2
3	10yrs & over 200m Individual Medley	4
5	12yrs & over 1500m Freestyle	6
7	Open 100m Butterfly – Multi-Class	8
9	10yrs & over 100m Butterfly	10
11	11yrs & over 200m Breaststroke	12

### SESSION TWO

Saturday 11<sup>th</sup> March 2023

**Warm up: 2.00pm – Racing Starts: 3.00pm**

Event No. Girls	Event	Event No. Boys
13	10yrs & over 200m Freestyle	14
15	Open 200m Freestyle – Multi-Class	16
17	10yrs & over 100m Breaststroke	18
19	Open 100m Breaststroke – Multi-Class	20
21	11yrs & over 200m Backstroke	22
23	10yrs & Over 100m Freestyle	24
25	Open 100m Freestyle - Multi-Class	26
27	11yrs & over 200m Butterfly	28
29	12yrs & over 100m Backstroke	30
31	10-11yrs 100m Backstroke	32
33	Open 100m Backstroke – Multi-Class	34
35	11yrs & over 400m Freestyle	36



**SESSION THREE**

Sunday 12<sup>th</sup> March 2023

**Warm up: 7.30am – Racing Starts: 8.30am**

<b>Event No. Girls</b>	<b>Event Details</b>	<b>Event No. Boys</b>
37	11yrs & over 400m Individual Medley	38
39	Open 50m Backstroke - Multi-Class	40
41	8yrs & over 50m Backstroke	42
43	Open 50m Breaststroke - Multi-Class	44
45	8yrs & over 50m Breaststroke	46
47	12yrs & over 800m Freestyle	48
49	Open 50m Butterfly - Multi-Class	50
51	8yrs & over 50m Butterfly	52
53	Open 50m Freestyle - Multi-Class	54
55	8yrs & over 50m Freestyle	56



## 2023 SGC Championships Qualifying Times

There are no qualifying times for Multi-Class events

There are no qualifying times for 8-9yr old events

Event	Age (Girls)						
	10yrs	11yr	12yrs	13yrs	14yrs	15yrs	16 & Over
50m Freestyle	38.50	35.50	34.00	32.50	31.50	30.50	30.00
100m Freestyle	1:25.00	1:20.00	1:18.00	1:15.00	1:12.00	1:09.00	1:07.00
200m Freestyle	3:00.00	2:50.00	2:45.00	2:40.00	2:35.00	2:30.00	2:25.00
400m Freestyle		5:45.00	5:35.00	5:25.00	5:15.00	5:05.00	4:55.00
800m Freestyle			11:20.00	11:00.00	10:40.00	10:20.00	10:10.00
1500m Freestyle				19:40.00	19:15.00	19:00.00	18:45.00
50m Backstroke	46.00	42.00	40.00	39.00	37.50	36.00	35.00
100m Backstroke	1:45.00	1:35.00	1:32.00	1:28.00	1:24.00	1:22.00	1:20.00
200m Backstroke		3:15.00	3:12.00	3:05.00	3:00.00	2:55.00	2:50.00
50m Breaststroke	52.00	48.00	45.00	43.00	42.00	41.00	40.00
100m Breaststroke	1:55.00	1:50.00	1:45.00	1:40.00	1:36.00	1:32.00	1:30.00
200m Breaststroke		3:30.00	3:25.00	3:20.00	3:15.00	3:10.00	3:08.00
50m Butterfly	46.00	42.00	39.00	37.00	35.50	34.00	33.00
100m Butterfly	1:45.00	1:36.00	1:31.00	1:26.00	1:22.00	1:20.00	1:18.00
200m Butterfly		3:20.00	3:10.00	3:00.00	2:55.00	2:50.00	2:45.00
200m Individual Medley	3:30.00	3:20.00	3:12.00	3:05.00	2:58.00	2:52.00	2:47.00
400m Individual Medley		6:30.00	6:25.00	6:15.00	6:00.00	5:55.00	5:50.00

Event	Age (Boys)						
	10yrs	11yr	12yrs	13yrs	14yrs	15yrs	16 & Over
50m Freestyle	38.50	35.50	33.00	31.50	30.50	29.00	27.50
100m Freestyle	1:25.00	1:20.00	1:15.00	1:12.00	1:08.00	1:05.00	1:02.00
200m Freestyle	3:00.00	2:50.00	2:40.00	2:35.00	2:30.00	2:22.00	2:15.00
400m Freestyle		5:45.00	5:30.00	5:20.00	5:00.00	4:50.00	4:40.00
800m Freestyle			11:15.00	10:50.00	10:30.00	10:10.00	10:00.00
1500m Freestyle				19:20.00	19:00.00	18:30.00	18:00.00
50m Backstroke	46.00	42.00	40.00	38.00	36.00	34.50	33.00
100m Backstroke	1:45.00	1:35.00	1:31.00	1:25.00	1:22.00	1:19.00	1:16.00
200m Backstroke		3:05.00	3:00.00	2:55.00	2:50.00	2:45.00	2:40.00
50m Breaststroke	52.00	48.00	45.00	42.00	40.00	38.00	37.00
100m Breaststroke	1:50.00	1:45.00	1:40.00	1:35.00	1:32.00	1:28.00	1:24.00
200m Breaststroke		3:25.00	3:20.00	3:10.00	3:00.00	2:55.00	2:50.00
50m Butterfly	46.00	41.00	37.50	35.00	33.00	31.50	30.00
100m Butterfly	1:45.00	1:35.00	1:26.00	1:20.00	1:17.00	1:14.00	1:12.00
200m Butterfly		3:15.00	3:05.00	2:58.00	2:50.00	2:42.00	2:38.00
200m Individual Medley	3:25.00	3:15.00	3:10.00	2:55.00	2:50.00	2:45.00	2:40.00
400m Individual Medley		6:25.00	6:20.00	6:10.00	5:50.00	5:40.00	5:30.00